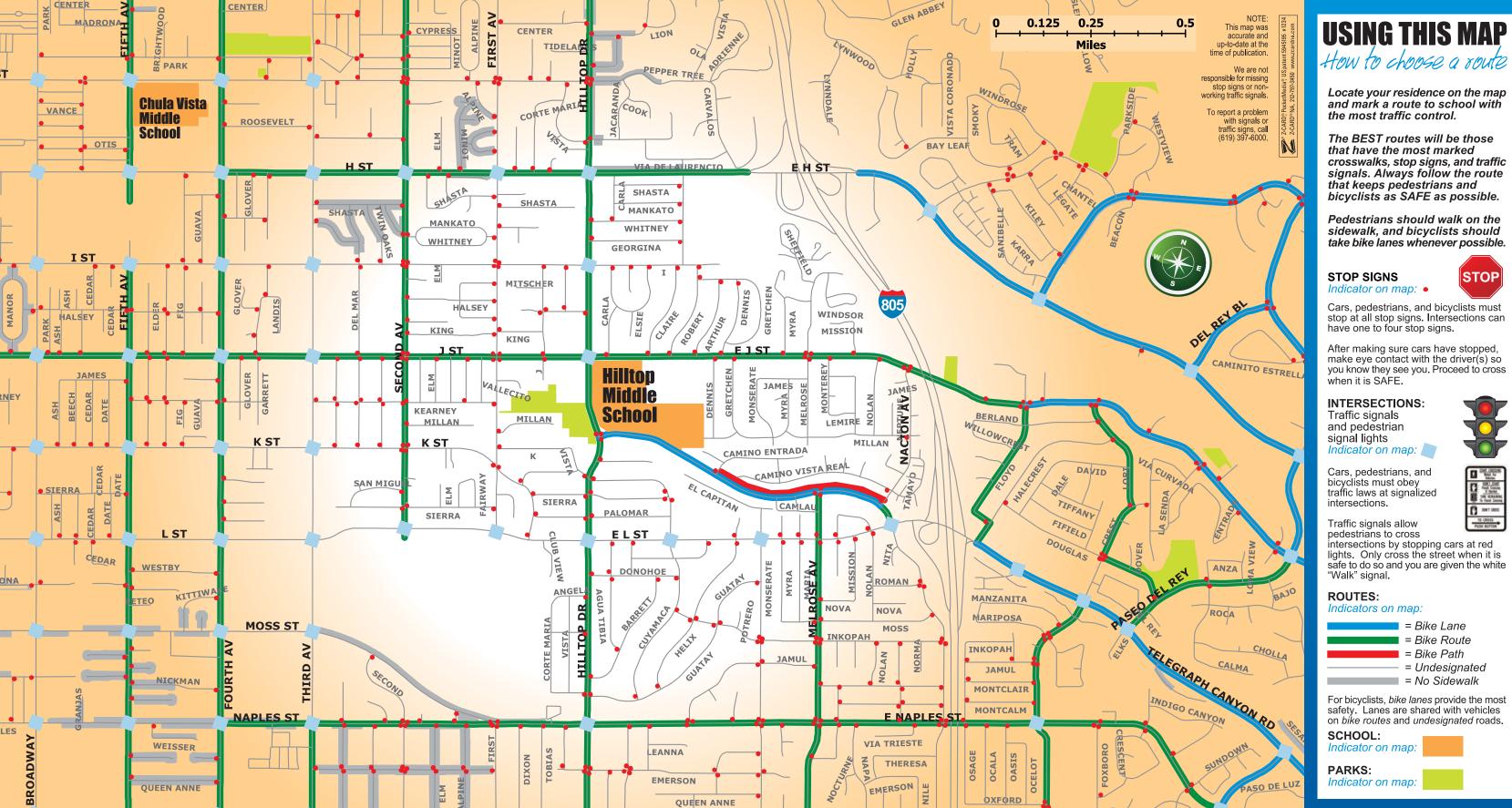


### Hilltop Middle School

Home of the Falcons

44 East J Street Chula Vista

(619) 498-2700





# SUGGESTED ROUTES

to School

# SUGGESTED ROUTES to Gohool





Bicycling and walking are great for everyone communities, businesses, schools and people. They promote active lifestyles, reduce traffic congestion. improve air quality - and it's fun to get outside!

## **Biking Safety**

- Always wear a helmet.
- Perform the "ABC Quick Check" before every ride (Air in the tires, functioning Brakes, a Chain that shifts correctly and is properly lubed, quick releases tightened and a general *check* of the bike for loose parts).
- Keep your hands on the handlebars at all times.
- Wear proper attire for riding. If wearing pants. make sure to strap/fold the right pant leg.
- If riding at night, have proper reflectors, a headlight, and a tail light.
- Keep a safe distance from parked cars.

# Signaling:



Stopping or Slowing Down: Point LEFT arm down and slightly out to the side.



Left Turn: Extend LEFT arm straight out,



Right Turn: Option 1: Bend LEFT arm in 90° angle with hand up.



Option 2: Extend RIGHT arm

## **Walking Safety**

- Always use a marked crosswalk when one is available. The white or yellow lines of a crosswalk remind drivers to look out for pedestrians.
- Stop at the curb and look both ways before crossing the street.
- Obev the "DON'T WALK" signal!
- Don't assume that drivers see you! If there is traffic, make eve contact with the driver before you cross.
- Always check for turning vehicles before stepping off the curb.
- Don't run across the street, ALWAYS walk.

#### **Using the Suggested Safe Routes to School** Map (turn over)

Choose the route to school that keeps you SAFE.

Cross at protected intersections with crosswalks, traffic signals, and stop signs.

ALWAYS check both ways before crossing at any intersection.

Ride your bicycle along routes with marked bike lanes. If there are no bike lanes, ride carefully. Watch for people and cars entering or leaving their driveways.

ALWAYS wear a bicycle helmet when riding a bike.



When riding your bike, obey traffic rules and stop completely at stop signs.



TRAFFIC SIGNALS Bicyclists must follow laws for cars at traffic signals.



#### **PEDESTRIAN SIGNAL LIGHTS**

Obev directions on pedestrian signal lights.

The white "Walk" signals that it is legal to cross the street.

When the red "Don't Walk" signal starts flashing, DON'T cross the street! If the flashing starts after you have already started to cross, quickly finish.



#### **CROSSWALK**

Use caution when crossing the street - even at a crosswalk. If you are using the crosswalk with a bicycle, ALWAYS walk the bicycle across.



Ride your bike in lanes and paths designated for bicyclists. These lanes promote safety when vehicles and bicycles share the roads.



#### **SHARROWS**

These symbols are painted on roadways to alert drivers of bicyclists.

# **Important Phone Numbers**

For **non-emergency** Police assistance: 691-5151

Medical, Police, or Fire **EMERGENCY: 911** 

Need a ride? Chula Vista Transit: 233-3004

Need to study, research, or find a tutor?

Visit your Library – online or in person! For more info: www.chulavistalibrarv.com Graffiti IN PROGRESS: 911

Want something **fun to do**? Recreation: 409-5979 Nature Center: 409-5900

To report a **stray dog** or for dead animal removal, call Animal Control: 476-2476

Report potholes, graffiti, streetlights/traffic signals out or malfunctioning: Service Request Hotline: 397-6000

To **volunteer** or for environmental auestions:

409-3893 Nature Center: 409-5900

For general map questions: Traffic Engineering:

